

**Exercise Cards for Individual Physical Activity**

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**5 Jumping  
Jacks**

**10 Jumping  
Jacks**

**15 Jumping  
Jacks**

20 Jumping  
Jacks

25 Jumping  
Jacks

5  
Push-ups

10  
Push-ups

15

Push-ups

20

Push-ups

25

Push-ups

5

Squats

10  
Squats

15  
Squats

20  
Squats

25  
Squats

**5 Lunges  
(each leg)**

**10 Lunges  
(each leg)**

**15 Lunges  
(each leg)**

**20 Lunges  
(each leg)**

25 Lunges  
(each leg)

5 Jump  
Squats

10 Jump  
Squats

15 Jump  
Squats

20 Jump  
Squats

25 Jump  
Squats

5  
Burpees

10  
Burpees



15

Burpees

20

Burpees

25

Burpees

10 Mountain  
Climbers

20 Mountain  
Climbers

30 Mountain  
Climbers

10

Dead Bugs

20

Dead Bugs

30  
Dead Bugs

5  
Crunches

10  
Crunches

15  
Crunches

20  
Crunches

25  
Crunches

10 second side  
plank (each side)

20 second side  
plank (each side)

30 second side  
plank (each side)

10 second  
front plank

20 second  
front plank

30 second  
front plank

